



Short Safety Subject

Short Safety Subjects are provided by the Public Safety Business Center, Fort Bragg, NC. Our intent is to provide safety topics for the purpose of increasing safety awareness and improving safety performance. Additional Short Safety Subjects are available on the PSBC Business Management Web Site at:

www.bragg.army.mil/psbc-bm/PubsAndForms/ShortSafetySubjects.htm

Exercise For Health



Our military cadre and cadets maintain their physical fitness through the Army Physical Fitness Program. We also need to encourage our civilian workforce and family members to maintain their physical fitness.

Anyone who is not physically prepared to perform the required work assignments is more likely to suffer from strains, sprains, backaches, slips, falls and other injuries than someone who is in condition. People who are not in good physical condition may be excessively overweight and may experience shortness of breath, fatigue, sore or tender muscles and joints, backache, and difficulty in keeping up with other individuals.

Athletic coaches recognize the need for conditioning prior to the start of and during the season. They realize that players who are not physically conditioned run a higher risk of injuries. They require their players to be mentally alert during the entire game and to have the stamina to execute plays properly.

This Short Safety Subject will discuss ways of helping to assure you are physically prepared and mentally alert for work.

EXERCISE

Exercise is important in maintaining your health and well-being. While it isn't necessary to build muscles the way body builders do, daily exercise improves muscle tone, helps circulation and strengthens the cardiovascular system.

Before beginning any extensive exercise program, consult a physician who can recommend how much and what sort of activity is best for you. The program will take into account your age, your present physical condition, the level of your present activities and the kind of exercise you enjoy.

Start your physical activity program gradually with conditioning exercises, and keep workouts moderate. If you haven't been getting much exercise lately, fifteen minutes of simple exercise each day may be enough at the beginning of your program.

Aside from calisthenics or 'sitting-up exercises,' other activities that promote physical preparedness include walking, bicycling, swimming and jogging. But no matter what form of exercise you choose, the sessions should start with some slow and easy warm-up movements. More strenuous exercise will take up the main part of the session, and then milder, slower exercises will help cool your body down and slow your pulse rate gradually.

Remember to limit your sessions to a length of time that feels comfortable to you, increasing the time as you begin to feel stronger.

A GOOD DIET

The body needs energy and nutrients periodically, and functions best when supplied with three well-balanced meals each day. Breakfast is a must for replenishing energy and nutrients after the 10-to 12-hour fast since the previous meal. If you snack, nutritionists suggest eating only fresh fruits and vegetables. To cut the risk of cholesterol build up, try to reduce the fats in your diet. Substituting vegetable protein, chicken, fish and skimmed milk for fatty meats or dairy products high in butterfat will help.

Cut down, too, on your consumption of sugar and salt. No matter how little we think we consume, the experts tell us it is probably more than is necessary.

WEIGHT CONTROL

Be sure to consult a physician when making any serious changes in your eating habits. Then, if you find yourself with a weight problem that is not due to a medical condition, think seriously about what prompts you to overeat.

For many people, overeating is a fixed response to anger, boredom, stress, or the stimulus of the sight or smell of food (or a combination). It is possible to avoid situations where that fixed response will come up or to substitute another activity for eating in those situations. For example, if you realize that you eat when you are angry try letting the anger out in another way, such as a brisk walk.

To help avoid overeating try some of these ideas:

- ✓ Eat only in one place (and not in front of the TV or while reading a book).
- ✓ Keep a written record of everything you eat
- ✓ Reduce portions of food, and do without second helpings.
- ✓ Eat slowly and take small bites
- ✓ Avoid snacks except fresh fruits and vegetables.

SMOKING AND DRINKING

Stop, or at least reduce, your smoking and drinking. All evidence strongly suggests these two habits cause more problems than most other activities.

SLEEP

To feel well and be alert during the day, it is recommended that adults get six to eight hours of sleep each night.

Being careful of daily exercise, diet, weight control, smoking and drinking, and sleep will contribute to physical fitness And the benefits will be felt both on the job and at home in physical and mental well-being.